


Readers: It is with mixed emotions that I write this final issue of Food for Fitness and Fun. I enjoy compiling and sharing it with you, but I have chosen to accept an early retirement from ISU Extension effective December 31, 2010. I am looking forward to more time with my family, getting more exercise, being a part of the community, and just enjoying life. I wish you and your families a happy and safe holiday season and new year. Be Well and Enjoy! Jan Temple

BEYOND FOOD FOR FITNESS AND FUN

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That's all there is to it! Each week, you'll receive the latest from ISU Extension Nutrition and Health Specialists emailed to your inbox.

Note: Food for Fitness and Fun will only be available for about one more year before being merged or purged.

AFTER 4 DAYS THROW IT AWAY



Many consumers don't realize how quickly food leftovers can become unsafe and cause foodborne illnesses. That's why a giant, red #4 has arrived with the message "after four days, throw it away!"

The "4-Day Throw Away" campaign, which features the #4 as its mascot, is educating consumers about the dangers of foodborne illnesses and the four-day guideline for eating, freezing or throwing away leftovers. It is funded by a United States Department of Agriculture grant and is a partnership between Iowa State University (ISU) Extension and University of Nebraska-Lincoln (UNL) Extension.

"We discovered that many consumers are keeping and eating leftovers well past the recommended amount of time, which can lead to foodborne illnesses," said Julie Albrecht, UNL Extension food specialist. "The campaign aims to not only make them aware of the four-day guideline, but also get them to start practicing it in their homes."

Albrecht said 25-to-40-year-old parents of young children are a key target for this campaign. The campaign message is being supported through traditional channels, but also has a social media presence on Facebook, Twitter and YouTube.



The red #4 mascot will visit select grocery stores in the Omaha, Neb.-Council Bluffs, Iowa, area; Cedar Rapids-Iowa City, Iowa, area; and Kearney, Neb., area during the campaign that lasts through February 2011. The #4 also stars in a series of four videos portraying common leftovers bad practices where intervention by #4 keeps families safe from foodborne illnesses.

To view more materials from the campaign, please visit the following websites:

Campaign website: www.fourdaythrowaway.org

Facebook page: www.facebook.com/4daythrowaway

Twitter account: www.twitter.com/4daythrowaway

YouTube channel: www.youtube.com/4daythrowaway

FRUITY PIZZA – 8 SERVINGS

Here's a fun way to make fruit into dessert. Any variety of fruit will work, so you can let the chef and the season determine what to use.

Ingredients:

1 large egg white
1/4 cup canola or corn oil
1/4 cup dark brown sugar, firmly packed
1/3 cup all-purpose flour
1/4 teaspoon ground cinnamon
1/4 teaspoon baking soda
1 cup uncooked quick-cooking oatmeal
Cooking spray
3 ounces fat-free cream cheese, softened
3 ounces fat-free vanilla yogurt
Fruit to top of the pizza: kiwi slices, mandarin orange segments, grape halves; pomegranate seeds

Directions:

1. Preheat the oven to 375 degrees F.
2. In a medium mixing bowl, beat egg white. Add oil and sugar and beat until smooth.
3. In a small bowl, combine flour, cinnamon, and baking soda. Add to sugar mixture. Stir in oatmeal.
4. Line a baking sheet with aluminum foil; apply cooking spray to foil.
5. Using a rubber scraper, transfer the dough to the baking sheet. Spread the dough into a 9-inch circle.
6. Bake for 8-12 minutes, or until just beginning to puff. Transfer the baking sheet to a cooling rack. Let the crust cool completely, about 20 minutes. It will continue to cook while cooling.
7. Meanwhile, in a small bowl, stir together the cream cheese and yogurt until smooth. Cover with plastic wrap and refrigerate until needed.
8. To assemble, transfer the crust to a round serving plate. Using a large spoon or spatula, spread the cream cheese mixture over the crust. Make a decorative pattern on top with the chosen fruit.
9. Cut into wedges, if serving immediately, or cover the uncut pizza with plastic wrap and refrigerate for up to 2 hours before serving.



Each serving: 190 calories, 8 g fat, 1 g saturated fat, 0 g Trans fat, 0 mg cholesterol, 130 mg sodium, 25 g carbohydrate, 2 g fiber, 13g sugars, 5 g protein.

Source: ISU Extension EFNEP 2010 Pilot Calendar Project

ARTICHOKE DIP – 6 SERVINGS

2- 8 oz. packages frozen artichoke hearts, thawed **or** one 14 oz. can artichokes rinsed and drained
3/4 cup canned white beans, drained and rinsed
1/4 cup chopped frozen spinach, thawed and drained
2 Tablespoons grated Parmesan cheese
2 Tablespoons reduced fat sour cream
2 Tablespoons part skim ricotta
1/2 teaspoon olive oil
1/4 teaspoon garlic powder
Preheat the oven to 350 degrees. Combine all the ingredients in a food processor and pulse to a rough puree (the texture of bean dip). Spread the dip in a shallow 8 inch ovenproof serving dish and bake until bubbling, about 30 minutes. Serve warm with pita chips.



Each serving: 100 calories, 3 g fat, 1 g saturated fat, 0 g Trans fat, 5 mg cholesterol, 95 mg sodium, 14 g carb, 6 g fiber, 0 g sugar, 5 g protein.

12 SHOPPING STEPS FOR 2011

Complete 1 New Year's Resolution Each Time You Shop

1. **5 veggies per cart.** Buy at least 5 veggies and use them up by the end of the week.
2. **5 fruits per cart.** See if you can have more fruit on hand than crackers, cookies, snack bars and chips.
3. **Compare sodium.** Choose items with 5% or less of the daily value for sodium or say no added salt.
4. **Make it.** Use one week to make food from whole ingredients and cook more recipes from scratch.
5. **Beans.** Make a meal each week that uses dried beans. Find or make favorite recipes.
6. **Kitchen makeover.** Quality cutting board, knives, measuring cups and spoons make cooking easier.
7. **Healthy pantry.** Use whole grain cereals, rice, pasta.
8. **Protein better.** Focus on lean meat, poultry, fish, beans or nuts. Eliminate high fat red meats and processed items that are high in sodium.
9. **Beverage without sugar.** Focus on buying items low in calories and without added sugar.
10. **Herbs and spices.** Use pepper, garlic parsley mix, Italian seasoning, chili powder, cinnamon, bay leaves, cumin, coriander, nutmeg, apple pie spice.
11. **Potatoes.** Buy several different kinds and find great low-fat ways to serve the real thing.
12. **Condiments and dressings.** Go for low sodium and high flavor with these: salt-free ketchup, flavored vinegars, lemon and lime, Lowfat dressings and marinades, low-sodium sauces.

Source: Communicating Food for Health

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and justice for all

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